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NAF HBP Benefits Information

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2007 HBP Member Satisfaction Survey

Next month, 8,000 NAF HBP members will be randomly selected to participate in the annual Member Satisfaction Survey. The survey will be conducted by DSS Research, a Marketing, Research and Consulting firm. Selected members will be able to respond to the questionnaire via mail or internet. The questionnaire will also be available in Spanish upon member's request. If you receive the survey, don't miss your opportunity to participate in this process. Your participation and feedback is essential for the continuous improvement in the quality of the services that are provided to you and your dependents through the DoD NAF HBP administered by Aetna. Thank you in advance for your time and participation.

On-Line Breast Cancer Risk Assessment

The National Cancer Institute has created a terrific online assessment to help determine breast cancer risk at <http://www.cancer.gov/bcrisktool>.

Although this interactive tool was developed for health professionals, you can take the assessment and share the results with your doctor. Information to understand the risk of cancer is also available at <http://understandingrisk.cancer.gov>.

This interactive Web site will help you make informed decisions about how to lower your risk.



Preventive Services

Disease prevention is the most important thing you can do for you and your family. You will be glad to know that your NAF Health Benefits Program (HBP) administered by Aetna includes preventive services that are covered 100%. This means there is **NO COST** to you!! These preventive services are currently offered through the Aetna PPO network providers and the Aetna Indemnity plan and include routine physicals, well-child exams, well-woman exams, routine mammograms, cancer screening, vision and hearing exams among others. These services do not require a co-pay or deductible. Please be sure to let your physician's office staff know that the visit needs to be coded as a "Preventive care exam." Ask them to call Aetna Member Services at 1-800-367-6276 if they have any questions. These routine exams are included in your benefit program for one very important reason: early detection and prevention services save lives and reduce health plan costs. Health risks detected early can be treated in a less intrusive, less painful and less expensive manner. These risks include, but are not limited to, high cholesterol, diabetes, cervical cancer, lung cancer, prostate cancer, skin cancer, and high blood pressure. Aetna reports that the number of members utilizing preventive

services during 2006 increased by 12% from the prior year. Aetna also

reported that in 2006 the high cost claims impacting the NAF HBP originated from cancer, end stage renal disease and cardiovascular disease. Many of these diseases are preventable and/or treatable at lower cost if detected early. Participating in preventive care not only keeps you aware of your own specific health concerns, but also assists in keeping health care premiums down and helping maintain health benefits coverage in the future for you and your dependents. Remember, the key to prevention is information. Communicate with your doctors and nurses. Ask questions, provide health background information and follow up.



"The greatest Wealth is Health"

Virgil

The American Cancer Society has declared that at least half of all cancer-related deaths can be prevented via lifestyle changes and better use of screening tools.